

Simple Steps to Help Kids Breathe Easier



- **Keep second-hand smoke outside**
- **Keep it clean**
- **Keep it dry**
- **Keep pests out**
- **Keep pets out of sleeping areas and off furniture**
- **Keep informed about outdoor air quality**
- **Keep up-to-date with your child's health**



Indiana Department of Environmental Management
Children's Environmental Health
www.in.gov/idem/kids



Indiana State
Department of Health